



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 35164, Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native)**

**Report Date: July 16, 2017 05:46 EDT**

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <sup>1</sup>	g	35.48	1	--
Energy	kcal	367	--	--
Energy	kJ	1535	--	--
Protein <sup>1</sup>	g	35.31	1	--
Total lipid (fat) <sup>1</sup>	g	25.08	1	--
Ash <sup>1</sup>	g	1.42	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Starch	g	0.00	--	--
<b>Minerals</b>				
Calcium, Ca <sup>1</sup>	mg	7	1	--
Iron, Fe <sup>1</sup>	mg	17.00	1	--
Magnesium, Mg <sup>1</sup>	mg	29	1	--
Phosphorus, P <sup>1</sup>	mg	240	1	--
Potassium, K <sup>1</sup>	mg	400	1	--
Sodium, Na <sup>1</sup>	mg	120	1	--
Zinc, Zn <sup>1</sup>	mg	3.10	1	--
Copper, Cu <sup>1</sup>	mg	0.270	1	--
Manganese, Mn <sup>1</sup>	mg	0.037	1	--
Selenium, Se <sup>1</sup>	µg	90.8	1	--
<b>Vitamins</b>				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin <sup>1</sup>	mg	0.011	1	--
Riboflavin <sup>1</sup>	mg	0.364	1	--
Niacin <sup>1</sup>	mg	6.520	1	--
Pantothenic acid <sup>1</sup>	mg	0.727	1	--
Vitamin B-6 <sup>1</sup>	mg	0.091	1	--
Folate, total <sup>1</sup>	μg	11	1	--
Folic acid	μg	0	1	--
Folate, food <sup>1</sup>	μg	11	1	--
Folate, DFE	μg	11	--	--
Choline, total <sup>1</sup>	mg	68.1	--	--
Betaine <sup>1</sup>	mg	60.9	1	--
Vitamin B-12 <sup>1</sup>	μg	5.85	1	--
Vitamin B-12, added	μg	0.00	--	--
Vitamin A, IU	IU	1947	--	--
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.55	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--
Vitamin K (phylloquinone) <sup>1</sup>	μg	0.0	1	--
<b>Lipids</b>				
Fatty acids, total saturated	g	3.920	--	--
8:0 <sup>1</sup>	g	0.000	1	--
10:0 <sup>1</sup>	g	0.000	1	--
12:0 <sup>1</sup>	g	0.030	1	--
14:0 <sup>1</sup>	g	0.690	1	--
15:0 <sup>1</sup>	g	0.110	1	--
16:0 <sup>1</sup>	g	2.450	1	--
17:0 <sup>1</sup>	g	0.100	1	--
18:0 <sup>1</sup>	g	0.540	1	--
20:0 <sup>1</sup>	g	0.000	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
22:0 <sup>1</sup>	g	0.000	1	--
24:0 <sup>1</sup>	g	0.000	1	--
Fatty acids, total monounsaturated	g	11.160	--	--
14:1 <sup>1</sup>	g	0.090	1	--
15:1 <sup>1</sup>	g	0.030	1	--
16:1 undifferentiated <sup>1</sup>	g	3.900	1	--
17:1 <sup>1</sup>	g	0.000	1	--
18:1 undifferentiated <sup>1</sup>	g	5.320	1	--
20:1 <sup>1</sup>	g	1.700	1	--
22:1 undifferentiated <sup>1</sup>	g	0.120	1	--
24:1 c <sup>1</sup>	g	0.000	1	--
Fatty acids, total polyunsaturated	g	1.180	--	--
18:2 undifferentiated <sup>1</sup>	g	0.190	1	--
18:3 undifferentiated <sup>1</sup>	g	0.130	1	--
18:4 <sup>1</sup>	g	0.050	1	--
20:2 n-6 c,c <sup>1</sup>	g	0.050	1	--
20:3 undifferentiated <sup>1</sup>	g	0.020	1	--
20:4 undifferentiated <sup>1</sup>	g	0.080	1	--
20:5 n-3 (EPA) <sup>1</sup>	g	0.280	1	--
21:5 <sup>1</sup>	g	0.020	1	--
22:4 <sup>1</sup>	g	0.020	1	--
22:5 n-3 (DPA) <sup>1</sup>	g	0.150	1	--
22:6 n-3 (DHA) <sup>1</sup>	g	0.190	1	--
Cholesterol <sup>1</sup>	mg	64	1	--
<b>Amino Acids</b>				
Tryptophan <sup>1</sup>	g	0.340	--	--
Threonine <sup>1</sup>	g	1.380	--	--
Isoleucine <sup>1</sup>	g	1.340	--	--
Leucine <sup>1</sup>	g	2.730	--	--
Lysine <sup>1</sup>	g	2.860	--	--
Methionine <sup>1</sup>	g	0.720	--	--
Cystine <sup>1</sup>	g	0.190	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Phenylalanine <sup>1</sup>	g	1.400	--	--
Tyrosine <sup>1</sup>	g	0.920	--	--
Valine <sup>1</sup>	g	1.380	--	--
Arginine <sup>1</sup>	g	1.990	--	--
Histidine <sup>1</sup>	g	1.260	--	--
Alanine <sup>1</sup>	g	2.020	--	--
Aspartic acid <sup>1</sup>	g	2.940	--	--
Glutamic acid <sup>1</sup>	g	4.720	--	--
Glycine <sup>1</sup>	g	1.860	--	--
Proline <sup>1</sup>	g	1.620	--	--
Serine <sup>1</sup>	g	1.280	--	--
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD